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Kennel dedication honors fallen Soldier

By Sgt. Ann Venturato
Assistant editor

The 362nd Military Police Detachment dedicated a new dog kennel in honor of a fallen comrade Nov. 11.

Staff Sgt. Arthur S. Mastrapa, a Soldier with the 351st Military Police Company, was mortally wounded in an indirect fire attack here June 16, 2004.

He is survived by his wife, Jennifer Mastrapa; two children, his parents, a brother and a sister.

"He was an MP before we met 11 years ago. He always loved it. He enjoyed helping people and felt that he was fulfilling a great duty," Jennifer said.

The dedication has meant a great deal to Mastrapa's family.

"It seems that this is one of the few things that have been positive from the military since his death," Jennifer said. "Thank you for honoring my husband by spreading the word of such a great event."

Mastrapa's wife believes this would have meant a great deal to her husband.

"He loved the brotherhood that the MP's have and the MP's honoring him in such a great deal would have meant a lot," Jennifer said.

The new facility will allow the dogs to exercise and relax in comfort when not out helping keep service members safe here.

The kennel has runs to hold the dogs as well as a training yard adjacent to the building to keep the canines.

The facility also includes an office for the handlers and a shower for the dogs.

The construction for the kennel started about six months ago.

Before the kennel was built, the dogs were staying in small cages in their handler's room at night.

"It will make for a better life for the dogs and the handlers," said Sgt. Joshua Franklin, 362nd MP Det., "The dogs are going to have an entire run where they can get up and walk around and get some exercise in the middle of the night. The handlers aren't going to wake up in the middle of the night to give dog breaks."

Staying with their handlers at night hasn't been good for the dogs that are trained to be aggressive.

"If the dogs live with people too much they can get soft. This way when the dog comes out of the kennel it knows it is time to work. When they stay with you all the time it gets hard for them to distinguish work from play," said Sgt. Richard Glosson, 362nd MP Det.

The new facility also allows the handlers to keep their dogs trained and gives them the space to train them easily, according to Franklin.

"It helps them with the kennel master here and it will allow the NCOIC to train the dogs all at one time," said Capt. William Allen, commander, 362nd MP Det.

That training pays off when it comes to saving Soldiers lives.

The MP dogs are in Iraq to provide security for the LSA here, Allen said.

They also provide bomb detection and narcotics detection. The MP dogs are used in raids, cordon and search operations, plus they are used to search for ammuni-



Photo by Sgt. Ann Venturato

Soldiers from the 362nd Military Police Company stand in front of the new dog kennel that was dedicated to Staff Sgt. Arthur S. Mastrapa, 351st Military Police Company, Nov. 11.

tions and in vehicle searches.

The location of the kennel close to the Provost Marshal's Office will keep the MP dogs within their partner's reach.

"It puts the dogs closer to the emergency response center, which is where the first responders are at," Glosson said, "With having the dogs there; we are closer to finding out what is going on faster."

It will provide a faster response time because the Soldiers won't have to hurry back to their living quarters to get their working dogs before going out on an important mission.

For the MP's, their working dog is more

than just a dog, but a partner who they rely on everyday. The MP's take time everyday to work with their dogs and build the bonds of friendship.

"We build rapport all the time just by playing with the dog, cuddling with your dog, talking with the dog and using different tones with him. It is more than just a working relationship, it is more like your best friend," said Sgt. Chad Rhodes, 362nd MP Det.

On a day when military heroes are thanked for their service to our country, a ribbon cutting ceremony marked the opening of a new kennel for man's best friend.

Service members run for fun in Veteran's Day 5K race



Photo by Sgt. Ann Venturato

Service members show their holiday spirit by running in the Veteran's Day 5K race here Nov. 11.

By Sgt. Ann Venturato
Assistant editor

About 200 service members from LSA Anaconda laced up their sneakers for the Morale, Welfare and Recreation Veteran's Day 5K run here Nov. 11.

Race categories were broken down to 29 and younger, 30-39, 40-49, and 50 and over for both male and females.

Spc. Robert Randal, 29th Signal Battalion, was the first person to cross the finish line with a time of 18:21. 1st Lt. Amy Walters, 257th Medical Company (DS), was the first female to cross the finish line with a time of 21:20.

The race was a fun run and no trophies or T-shirts were given to the winners.

Although the race was for individuals, almost 20 Soldiers from the 118th Medical Battalion ran the race as a group.

"We are going to run and have some fun," said 1st Sgt. Henry Alston, Headquarters Support Company, 118th Med. Bn.

Spc. Bethany Hoffman, Headquarters and Headquarters Company, 13th Corps Support Command along with Spc. Ryan Percell and Sgt. Christina Smith, HHC, 81st Brigade Combat Team, showed their spirit as the three took turns wearing a patriotic hat and glittery star headbands throughout the race.

"It is a fun way to support the holiday," Smith said.

Spc. Joaquin Murillo, 81st BCT, ran the race in remembrance of a fellow member of his unit who was recently killed in Iraq.

Murillo dedicated his run to Spc. Quac Tran who was killed when his convoy was attacked leaving Baghdad.

The race gave the service members a way to celebrate being a veteran and to pay tribute to other veterans around the world.

Soldiers donate items to local post workers

By Pfc. Abel Trevino
Staff writer

Soldiers from the 111th Signal Battalion, a National Guard unit from Abbeville, S.C., donated assorted items to local nationals working for the Department of Public Works Nov. 10.

"It all started because we had DPW guard duty with these [local nationals], and we just kind of formed a bond with them, because we see them each and every day. We created a friendship with them, and we felt like we wanted to help this group," said Sgt. Robert Cadden, 111th Sig. Bn.

Effort and planning to distribute 400 pairs of shoes and assorted items extended from Iraq to the United States.

"[It took] a couple of weeks to get [the items] in, close to a month from the time we contacted groups back home and asked them to accumulate things and then send them over," Cadden said.

It only took 20 minutes to pass out the many items. "We donated shoes, miscellaneous clothing items, school supplies and some small candy and food items," Cadden said. "We had a good response from everybody. They were excited and enthusiastic about receiving [the items]."



Photo by Pfc. Abel Trevino

Shoes and assorted clothing items litter a table as Sgt. Robert Cadden, 111th Signal Battalion, donates the articles to local nationals employed here by the Department of Public Works Nov. 10.

Local nationals were not informed of the unit's intent to distribute clothing beforehand.

"We didn't want to let [the workers] know in advance," Cadden said. "There was quite a bit of confusion and pandemonium just with them knowing once they got on site."

Despite the confusion and a red alert going off in the middle of the donation, everyone had an opportunity to

walk away happy with something, Cadden said.

He also said that there are plans for the future to bring in more supplies to donate.

"We'll try to keep getting stuff sent [out here] and we'll pass it out," Spc. Jason Springs, 111th Sig. Bn., said. "We'll do that till we leave and hopefully, by the time we leave, everybody will get enough stuff to take care of their [families]."

Plans are already in the works for another donation.

"We have another 200 pairs of shoes on the way. They'll be here in the next week or two," Cadden said.

The Soldiers were ecstatic to have the opportunity to help out their fellow man and accomplish the common goal of putting smiles on the faces of the DPW employees.

Their efforts brought together a stronger sense of camaraderie within the unit, Springs said.

The items were donated from several churches, family support groups and local businesses near Abbeville.

Many units on post are assisting local nationals by donating supplies, building schools and medical facilities through established programs such as Operation Anaconda Neighborhood and Operation Iraqi Children, but the 111th Sig. Bn. went one step further and took it upon themselves to assist local nationals they knew were helping to rebuild their own community.

Army researchers do study on flu vaccine half-doses

By Sgt. 1st Class Tammy Jarrett
Army News Service

Army researchers are studying whether half doses of vaccine can prevent flu in healthy Pentagon volunteers.

The study, conducted by the Allergy-Immunology Department and Vaccine Healthcare Centers Network at Walter Reed Army Medical Center, in cooperation with the Department of Health and Human Services, compares the immune responses of participants who receive half doses of vaccine with those who receive full doses.

The purpose of the study isn't to prove that a half dose is the same, but to prove that it isn't inferior to a full dose, said Maj. Molly Klote, research fellow at the Allergy-Immunology Department at Walter Reed Army Medical Center.

"We are trying to see whether a half dose of the flu vaccination would be what's called non-immunological inferior to the full dose," said Klote. "Basically, [the half

dose] has the same affect on the immune system as the full dose of the vaccine in healthy people. We think a healthy immune system only needs half as much of the vaccine to create the same immune response of a full dose of someone who's older or has a less effective immune system."

If immune responses are similar in the two groups, U.S. health-care providers may be able to respond to future vaccine shortages by giving healthy people half doses. This would allow protection of twice as many people during shortages or major flu epidemics.

The goal is to vaccinate 1,440 individuals who are Military Health System beneficiaries, or enrolled by Nov. 24, between ages 18 and 64 and who do not fall into DoD's priority categories for receiving the existing vaccine or haven't had a flu shot in the past three years.

"The response has been fabulous for DoD and for readiness since we have so many healthy people in our recruits and Soldiers," said Col. Renata Engler, chief of

the Allergy-Immunology Department at Walter Reed Army Medical Center. The only problem is trying to find people who haven't had a flu shot in the last three years, she added.

"The reason why healthy people are so important is because data shows that the best way to protect the most vulnerable people in our population is to immunize those around them," Engler said. "Not just in hospitals, but in homes and work areas because, in some cases, people who are at the greatest risk ... don't respond well to the vaccination."

The study requires two visits over a three-week period, starting on the first day of vaccination. Individuals participating in the study must have a tube of blood drawn, which will be used to measure the antibodies to the influenza virus. Once receiving the randomly selected half dose or full dose of the vaccine, individuals are given a diary card to record any symptoms or side effects for the next 21 days.

On the second visit, individuals will give another tablespoon of blood, and then

both samples will be sent to the Centers for Disease Control and Prevention lab to measure the antibodies.

"It's critical to the study to get people to come back in 21 days or so to get the post blood drawn," said Engler, "because that's when the immune system responds to the vaccine."

While other half-dose studies have been done, more data is needed to apply results to the population as a whole, officials said. The Army study is looking at additional age groups, numbers of clinic visits and other health outcomes of the participants, and is adding an additional flu season of data.

The Food and Drug Administration, which licenses U.S. vaccines, needs such additional data before making a decision about half-dose administration.

The vaccine used in the study is the same U.S. vaccine that is currently available for high-risk individuals. The study will use less than one-tenth of a percent of the flu vaccine DoD is allotted for this flu season, officials said.

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Americans can learn from Veteran's Day

By Samantha L. Quigley
American Forces
Press Service

WASHINGTON – America can learn so much from its veterans, Defense Secretary Donald H. Rumsfeld said.

"These are people who have demonstrated their patriotism, their courage, their love of freedom, and they're a part of our history," he said in a Pentagon Channel interview on this year's observance. "And it's important for people today to know them, to understand them and to appreciate them."

The day serves as a reminder of all that has come before, Rumsfeld said. It is because of those veterans and the battles they fought that Americans are able to exercise the freedoms we enjoy today.

"It is important that those of us who are involved today think of all the wonderful young men and women out serving across the globe defending our country against the extremists and terrorists," he said. "(Service members) need to see it in context of our country's history to understand that they are part of something enormously important and critical to our success as a nation."

Rumsfeld said that growing up with a father in the Navy during World War II, "it never crossed my

mind that I would do anything other than join the Navy."

And today, with that experience and his own service to draw from, he has a chance to greet and thank those serving around the world – including Afghanistan, Iraq, the Horn of Africa and the Asian-Pacific area – and have some idea of what they are going through.

"I feel I have a sense of their contribution and sacrifice that they make and the sacrifice that their families make. And needless to say, our country is blessed that they're willing to do that – that they're willing to step forward and say, 'Send me,'" Rumsfeld said.

From the Nazis of World War II to the communists of the Soviet Union during the Cold War, the country has faced numerous difficulties. Today, he said, the country faces another form of tyranny and repression from new players.

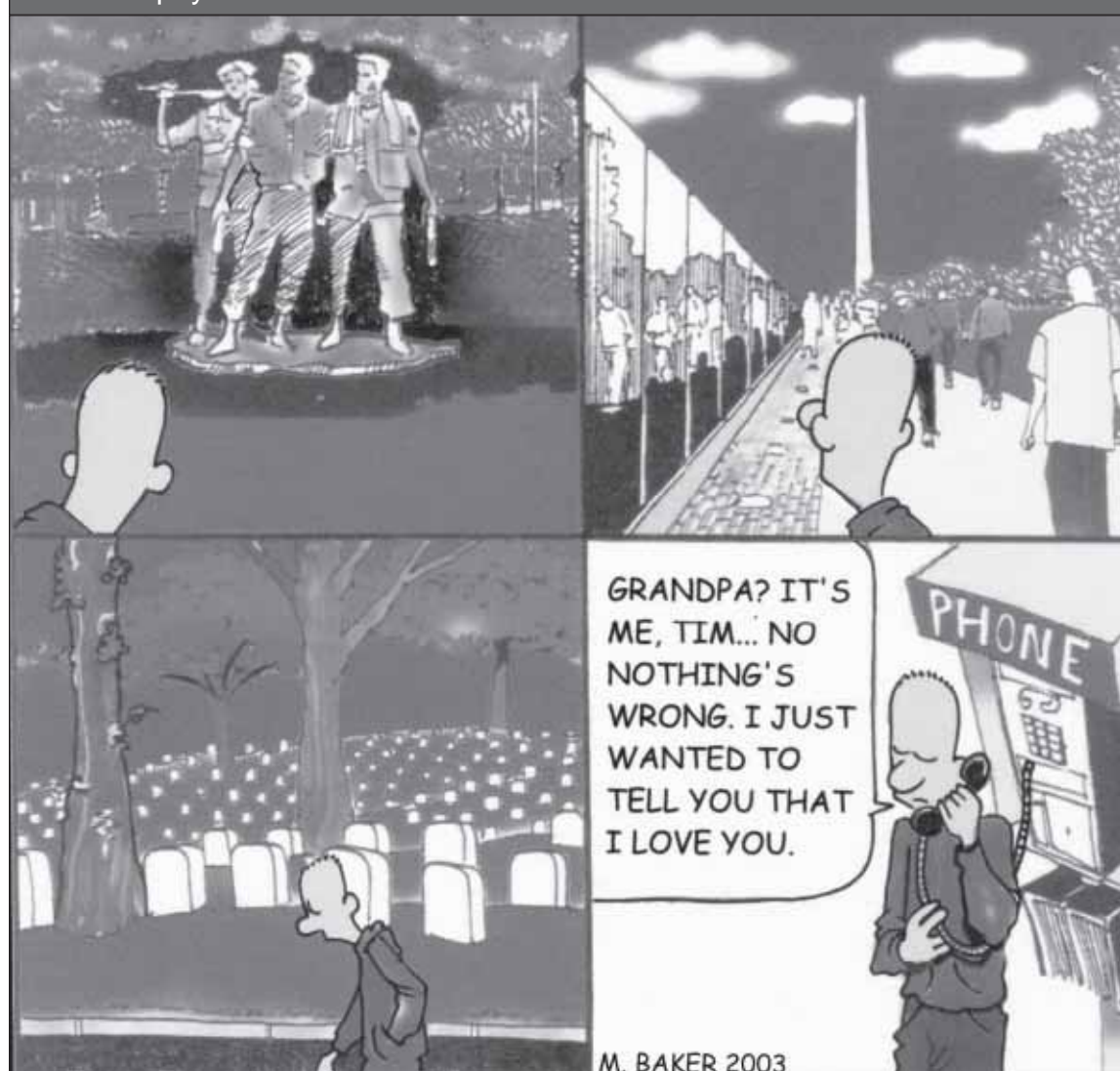
"We call it terrorism. In fact, it's probably better characterized as extremists, and terrorism is the weapon of choice that they're using," he said. "So the people have to understand that what (the service members) are doing is different, to be sure. But the purpose is the same."

"The purpose is to see that the American people have an opportunity to live in freedom and get up in the morning and go where they want and say what they want and think what they want, which is precious. It's worth fighting for."

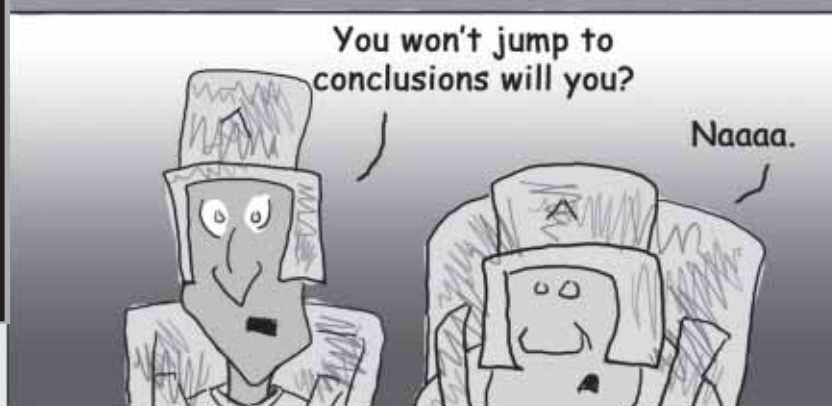
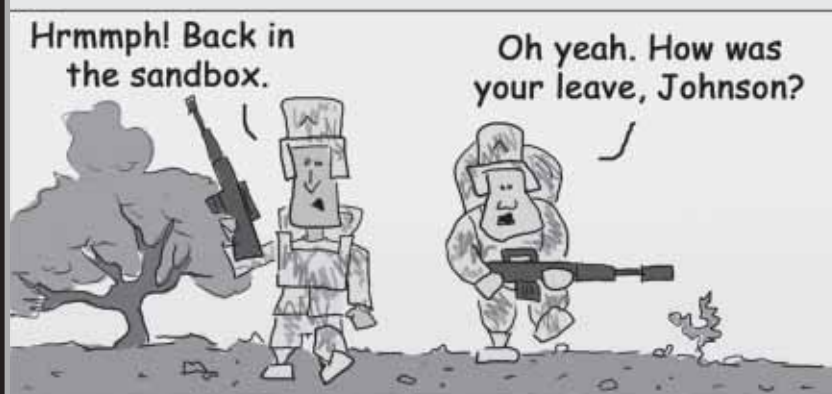


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Pvt. Murphy's Law



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Left Shoulder Diary

11th Military Police Brigade

Compiled from
Unit History

The 11th Military Police Brigade patch is characterized by a green disc with a yellow border and two black bars surmounted by a yellow demi-double bladed battle axe, detailed in green, issued from the base.

Green and yellow are the colors traditionally used by Military Police units. The circular shape denotes the unit's continual service to maintain justice. The bars allude to the unit's designation number and the black color signifies might. The double-headed axe represents the unit's military readiness and vigilance, to enforce military security.

The shoulder sleeve insignia was approved on Sept. 17, 2004.

The 11th MP Brigade is based in Ashely, Penn. Elements of the brigade were activated in Nov. 2003 in support of Operation Iraqi Freedom.

The 11th Military Police Group was activated as Headquarters and Headquarters Detachment, 11th Military Police Group. It was activated at Fort Bragg, N.C. on February 25. On January 3, 1972, the unit was inactivated.

Operation Iraqi Freedom is the first time the unit's patch has been worn in a combat zone.

The 11th MP Bde., an Army Reserve component, oversees the operations of several military police battalions in the Northeast region of the United States.

Subordinate units of the 11th Military Police Brigade include the 324th Military Police Battalion, which has been deployed to various wartime missions since World War II, to include New Guinea, Afghanistan during Operation Enduring Freedom and Iraq during Operation Iraqi Freedom.

The another subordinate unit of the 11th MP Bde., the 362nd Military Police Detachment, is stationed here.

The primary mission of the detachment consists of running the Provost Marshal Office. Other responsibilities include patrolling the post for suspicious activities; moderating traffic and enforcing traffic laws; Military Police investigations of Uniform Code of Military Justice violations; force protection measures including advising commanders on barrier plans, Soldier safety issues and physical security measures; handling and staffing public services at the Emergency Response Center.

Civilian of the Week

Terrence Ivy, an outside plant technician for ITT Industries, came to LSA Anaconda in Dec. 2003 from Fresno, Calif.

Ivy is a cabledog, a phone technician who installs both civilian and tactical phone networks across post.

"The transformation from the civilian phone network to the tactical [environment] is difficult," Ivy said. "There are a lot of things that we want to do, but we have to wait for the Army to give us permission [to work in classified areas]."

Ivy is confident in his job, and said the technical aspects of it aren't very difficult for him since he knows what he is doing. When it comes to his job, he is no stranger to working on military electrical networks. From 1997-2001, he was a cable systems installer in the active-duty Army with the 16th Signal Battalion from Fort Hood, Texas, and from 2001-2003 he was with the California National Guard as an avionic systems repairer. After Ivy left the military, he volunteered to come here.

"Even though I'm not wearing the uniform, I'm still doing my part for my country," Ivy said. "It feels good."

The most satisfying part of Ivy's job is working with his military counterparts at one goal.

"[I enjoy] satisfying the customer, giving the customer exactly what they asked for and making sure they're getting their (communications)," he said.

There was a lot of work to be done when Ivy arrived here, but said that it wasn't that different from home.

"Looking out the gate, it reminds me of home, like being in Bakersfield, (Calif.) or Fort Irwin," he said.

But things here do not always remain that simple and Ivy is always reminded about the differences.

"I miss the food," he said. "I really miss being with my son. He's only two years old and this is the second time I've missed his birthday."

As much as he misses being with his family, he said they were supportive of his decision and understood



Terrence Ivy

the importance of what he does here.

"I love this and what I'm doing is for our future and the benefit of mankind," he said. "I'm doing this for the United States Army and for those less fortunate than us. A lot of people don't have the opportunities we have and we're bringing them to them. This is important, it's something bigger than me."



Photo by Spc. Leah R. Burton

The youngest Soldier present, Pfc. Matthew Cameron of Headquarters and Headquarters Company, Engineer Brigade, 1st Infantry Division, helps Saman Ranawaka, manager of Subway, Brig. Gen. James E. Chambers, 13th Corps Support Command commander, Leroy Elliott, Army and Air Force Exchange Service food business manager and Brig. Gen. Oscar B. Hilman, 81st Brigade Combat Team commander cut the ribbon to open the new Subway restaurant at the Sustainer Indoor Theater Nov. 10.

Red Cross crew settles into daily operations

By Spc. Leah R. Burton
Staff writer

After a month on ground, the new American Red Cross crew has rolled up its sleeves and settled in for the duration here.

Team Four departed in October, but in the 133 days they were here, they overcame such challenges as Internet and telephone interruptions to deliver close to 5,000 messages to service members and civilians from their family members. Along with providing humanitarian assistance to those in need and running blood drives, the ARC's mission is to provide emergency communications between service members and their family members. It also provides these same services for Department of Defense civilians and civilian contractors attached to U.S. forces.

Team Five arrived here Oct. 19, experiencing their first red alert within their first few hours on the ground. Now that they have had some muddy-boots time, they have set their sights on not only carrying on the mission but also making improvements as opportunities present themselves.

"I'd already heard a lot about the mortar attacks and the indirect fire, so it wasn't surprising," said Douglas Timpson, Team Five team leader, who hails from Fort Irwin, Calif. "It's an honorable profession that I'm in, and if I didn't believe in it, I wouldn't be here."

The month was busy with the telephone and Internet relay of messages between family members and service members.

"What I would like [the troops] to know is that the ARC will be there for them," Timpson said. "This is truly a commitment that the American Red Cross wants to keep to the service members."

In addition to their other duties, the team takes



Photos by Spc. Leah R. Burton

Douglas Timpson, Team Five team leader, multi-tasks as he relays messages via two separate telephone lines and receives messages through e-mail in the American Red Cross office here Nov. 11.

comfort kits to the Air Force Theater Hospital here. Timpson said there was no better place to stock than there because Soldiers are brought in with nothing but the clothes on their backs. Kits contain a washcloth, razor, shaving cream, shampoo, soap, comb, hand sanitizer, toothpaste and toothbrush.

"After troops are MEDEVACed in, the kits offer them the basic necessities right from the start," Timpson said. "We intend to get to where we can deliver there once a week or however often the demand calls for."

The team is currently working on getting a vehicle so they can expand their services, like providing a coffee mess at the air terminal and one at the hospital. A coffee mess provides free coffee and sometimes snacks – if they are available – to people in the area.

At this time, everyone on camp is welcomed to stop in for hot java and conversation in building 4141 on New Jersey Avenue, across the street from the post exchange, behind the bunker.

Between phone calls, Wilfredo Solis from Osan Air Base, Korea, said he had grown accustomed to the environment and the daily happenings here.

"I'm getting used to it," Solis said picking up the receiver from another incoming phone call. "I've developed a routine."

The third member of Team Five is currently on the night shift that begins at 10 p.m. Jackie Mack from Fort Carson, Colo., would be happy to share a cup of joe and some good stories with visitors.

Call the ARC at 538-5000 for more information.



Wilfredo Solis, a station manager with the American Red Cross arranges books on the bookshelves in the ARC office here. The books are donated by people in the States and are for service members to enjoy.



Spc. Kwasi Asirifi, 21st Replacement Company, struggles to keep a straight face as he jokes with assistant station manager, Jackie Mack about an imaginary message that his imaginary wife is expecting imaginary triplets.

Air Force aims for 'weapons-grade' vision

By Sue Campbell
59th Medical Wing Public Affairs

In June, the Air Force vice chief of staff and surgeon general approved wavefront-guided LASIK surgery for aviators in aircraft flying at altitudes of less than 14,000 feet. WFG-LASIK is a new generation of laser eye surgery that maps subtle irregularities in the cornea before the procedure, providing crisper vision and fewer side effects following surgery.

Standard LASIK is based on the person's glasses prescription. WFG-LASIK adds a measurement of more subtle total eye distortions, called higher-order aberrations.

Based on technology that helps astronomers see twinkling stars more clearly, waves of light are sent into the eye and measured as they bounce back, forming a 3-D map of each person's unique wave patterns.

"WFG-LASIK is a major warfighter readiness issue which allows for less down time and quicker return to the cockpit for the Air Force's aviation population. This is critical in today's expeditionary forces' get-to-the-fight-quicker environment," said Col. (Dr.) Robert Smith, chief of cornea and refractive surgery at Wilford Hall Medical Center here. "WFG-LASIK is a 'performance enhancement' procedure,

and Air Force pilots feel this surgical procedure gives them a competitive or combat edge in the fight."

Smith, who also serves as refractive surgery consultant to the Air Force's surgeon general and program manager of the Air Force Warfighter Refractive Surgery Program, performed the first aviator WFG-LASIK treatment in September using the VISX-S4 wavefront laser. The VISX-S4 is currently being used by all Air Force treatment centers.

"That aviator now has 20/12 vision (better than 20/20 vision) without glasses and tells me that his night-vision performance has been tremendously improved," Smith said. "This is the typical result that I call an 'improvement to the human weapon system,' which gives our pilots the competitive edge in their work environment."

The Air Force now has five Warfighter Refractive Surgery Centers and has performed more than 25,000 treatments since August 2000, when refractive surgery was approved by the Air Force's surgeon general and chief of staff. Nearly 25 percent of the procedures were conventional and custom LASIK.

The Air Force is currently involved with the Navy in a collaborative WFG-PRK study to obtain Food and Drug Administration approval for WFG-PRK using the new VISX Fourier Custom treatment algorithms. This procedure gives the patient a



Photo by Sue Campbell

Col. (Dr.) Robert Smith examines a postoperative LASIK eye surgery patient at Wilford Hall Medical Center here. Certain aviators can now undergo a new laser eye surgery procedure. Dr. Smith is chief of cornea and refractive surgery at the medical center.

more customized treatment with the potential of better visual acuity.

"Initial results are very promising with quality vision results better than the original treatment profiles," Smith said.

At this time, WFG-LASIK is not ap-

proved for those aviators in high-performance aircraft (such as fighters and trainers) or those whose aircraft have cabin altitudes potentially above 14,000 feet. Conventional LASIK was not approved for any aviator.

Warrior course trains veterans in Army way of life

By Spc. Alfredo Jimenez
Army News Service

All Tyrone Givens wanted was a chance to restart a career in the military.

He got that chance Nov. 4 as he and 101 other former military men and women graduated from the second class of the Warrior Transition Course, which allows former Airmen, Sailors and Marines to bring their valued skills into the Army.

Givens served in the Navy for many years before deciding to separate and search for another job. He said everything was going according to his plan until the attacks of Sept. 11, 2001, and the nation beginning its war against terrorism.

Instinctively, Givens wanted back in the military to do his part and help others in the fight, so he said he was elated when the Army announced it was beginning the Warrior Transition Course.

"I chose to participate in the course and become a second-time volunteer because my country is at war," said the native of Cincinnati, Ohio. "I couldn't stand idly by and watch others share the burden."

While not exactly basic training, the course did offer up challenges aplenty to the Soldiers-in-training, said Pfc. Richard Batts, a classmate of Givens.

"I am a former Marine, therefore, I am already accustomed to the ways of military infantry," said the native of Lafayette, La. "I do expect, however, to refresh my skills as an infantryman and adapt to the ways of the Army. Believe it or not, the two branches are completely

different and it will be difficult to overcome some aspects of my old training."

For 28 days, the new Soldiers learned everything essential in the Army, from standing at parade rest when talking to a drill instructor to learning the different rank structure.

They also spent long periods of time in the field firing heavy machine guns, learning urban warfare tactics, and pulling convoy and checkpoint security details, Givens said.

"In the Navy, I never had to sleep in the middle of the woods or meet a time requirement for assembling my weapon," he said. "The customs and courtesies are also different."

Warrior Transition Course officials intend to train 3,200 Soldiers with prior military service in the next year. The program is lauded by Army commanders because it gives them the opportunity to develop leaders who are already seasoned as veterans in their respective former branches of service, said Capt. Tom Oakley, commander of Company C, 1st Battalion, 46th Infantry Division, one of the units conducting the training.

"The folks we get here are just what the Army is looking for because they are second-time volunteers, and that says a lot about them," Oakley said. "These individuals are motivated, brave and very patriotic. They will serve the Army well by meshing right in with our younger troops."

The captain added that this is important because more than half of the Soldiers who come through the course will deploy to combat areas within 30 days of completing their advanced individual training.



Air Force Staff Sgt. Derrick C. Goode

Prior U.S. Air Force and Navy service members participate in field training during the Warrior Transition Course at Fort Knox, Ky., Oct. 26. The WTC, part of the Blue to Green program, is a four-week course that turns prior Airmen and Sailors into Soldiers by teaching them Army rank structure, customs and courtesies, and combat skills.

Army culinary team wins international gold

By Travis Edwards
Army News Service

After seven days of intense competition on the world's stage, the U.S. Army Culinary Arts team brought home the gold medal in both the cold table layout and hot food competition.

The Army team took second place overall in the World Culinary Olympics in Erfurt, Germany last week.

"The food service warriors of the U.S. Army Culinary Arts Team drew upon all of their leadership skills for their battle in the International Culinary Olympics, and without even blinking an eye exceeded the standard," said Lt. Col. Don Vtipil, director, Army Center of Excellence, Subsistence, Fort Lee, Va.

"I think it is important to note that like all other Army teams, the culinary team excelled in its drive for excellence," Vtipil added.

Sanctioned by the German Chefs Association, the Culinary Olympics is held every four years. This year, 11 national military teams from Europe, South Africa and North America participated.

"One of the greatest benefits of being a part of the United States Army Culinary Team is that you get the chance to work with the absolute best food service Soldiers in the Army, in the toughest culinary competitions and do it in an international environment," said Chief Warrant Officer David Longstaff, culinary arts team manager at Fort Lee.

The military teams compete against an international standard in an attempt to earn a bronze, silver, or the coveted gold medal in their specific contest.

"The Culinary Olympics gives Soldiers the opportunity to compete with a variety of cultures; it expands the diversity of the food service industry in the U.S., and increases positive relations with other countries," said team member Sgt. Rene Robidoux, Fort Bragg, N.C.

The military Culinary Olympics are held in conjunction with the International Culinary Olympic competition, which plays host to 32 national teams bringing 1,200 competitors to the event.



U.S. Army Culinary Arts Team photo

Overall view of the U.S. Army Culinary Arts Team's gold-medal winning display during the 2004 International Culinary Olympics in Erfurt, Germany.

"These culinary professionals are warriors first and artists second," Longstaff said. "Almost half of the U.S. Army Culinary Arts team has either recently returned from a deployment or will deploy in the next few months."

The popularity of this world event is reflected in the more than 40,000 attendees who visited the venue.

"The experience of meeting and competing with Soldiers from 10 other countries and gaining an understanding of how other armies train and cook is an experience that our Soldiers will take with them for the rest of their lives," said Longstaff.

"They train hard, live the Army values and take on the elements of the battlefield with rigor and honor," said Vtipil. "It was simply spectacular to watch them work in unison to win the gold medals."

The USACAT team began the competition with the cold table layout, earning 10 gold medals and 11 silver medals for outstanding display, featuring the U.S. Army Cavalry. The medal count shattered previous medal counts from the competition in 2000.

The team entered 15 centerpieces with each one earning a medal, a feat never before achieved by the American team.

This earned the table the highest score in the competi-

tion and the gold medal.

In the next event, the team prepared two pre-selected three-course meals on a German army field kitchen system known as the "Karcher Kitchen."

The field kitchen team had to prepare 150 hot meals that were served to spectators while being judged by an international team of judges.

"As the cooking began, the team was recognized for their creativity by modifying the kitchen with a steam table insert on the trailer itself. This allowed the team to be more creative in their meal preparation and added a layer of efficiency that significantly contributed to them earning the gold medal in this event," said Vtipil. "After five hours of cooking, serving, and being judged, the team earned six gold medals with one being awarded for achieving a perfect score in desserts."

Overall the team finished second in the points total but dominated the medal count with 16 gold medals and 17 silver medals, a record that will be hard to beat, said Vtipil.

"Each and every military unit that had a member on the U.S. team is congratulated for contributing to the overall success of the U.S. Army Culinary Arts Team," said Vtipil. "They all should be proud of their Soldiers and the team's accomplishments during the competition."

The members of the 2004 U.S. Army Culinary Arts Team are as follows: Chief Warrant Officer David Longstaff, Fort Lee, Va.; Sgt. 1st Class David Turcotte, Washington, D.C.; Master Sgt. Mark Warren, Fort Bragg, N.C.; Master Sgt. Steve Magnin, Carlisle Barracks, Pa.; Sgt. 1st Class Rene Marquis, Fort Shafter, Hawaii; Sgt. 1st Class Mark Morgan, Fort Benning, Ga.; Staff Sgt. Joshua Rine, Heidelberg, Germany; Spc. Todd Bohak, Fort Bragg, N.C.; Chief Warrant Officer Robert Sparks, Stuttgart, Germany; Staff Sgt. Jesus Camacho, Fort Drum, N.Y.; Sgt. Adam Lang, Fort Bragg, N.C.; Sgt. Karen Glanzer, Fort Shafter, Hawaii; Spc. Luisa Concepcion, Schofield Barracks, Hawaii; Spc. Florine Nevins, Schofield Barracks, Hawaii; Sgt. Carlene Robidoux, Fort Bragg, N.C.; Pfc. Mathew Flemister, Alaska; Sgt. Scott Graves, Heidelberg, Germany; Pfc. Joseph Oberly, Heidelberg, Germany; Pfc. John Page, Pentagon, D.C.; and Spc. Billy Daugette, Fort Benning, Ga.

Warrior Ethos display captures true Soldier spirit

By Sgt. 1st Class Tammy Jarrett
Army News Service

"He loved his job and gave his life with pride and willingness ... by driving in front of his fellow Soldiers in the convoy he was a part of, shielding them from ambush fire.

"Unless you have been in the military, you will never know or completely understand this type of self sacrifice and the willingness to give yourself to your country and fellow service members."

These were words from a letter a father wrote in memory of his son, read by Army Chief of Staff Gen. Peter J. Schoomaker during the unveiling of the Warrior Ethos Display Nov. 10 at the Pentagon. The exhibit is a multi-media display of rotating images of Soldiers and evocative quotes.

This letter "embodies why we are here right now," Schoomaker said.

Schoomaker then personally recognized and thanked the mother and father of another Soldier, Spc. Matt Maupin, who is

declared captured in Iraq. "You honor us with your presence and we are very, very proud of your Soldier," he said.

Reciting the last line of the Warrior Ethos, "I will never leave a fallen comrade," Schoomaker told the Maupin family and the audience, "we will not rest until we come to closure, and recover, hopefully soon, your son; we are committed to that."

"That was a great addition [to the ceremony]," said Staff Sgt. Troy Rice, the executive administrative assistant to the deputy chief of staff of Intelligence, G2. "I liked the fact that they're enforcing the Warrior Ethos, like never leaving anyone behind."

The Warrior Ethos is everything, and it's important that Soldiers understand what it means, Schoomaker said.

"It applies to a broader sense, not just while we are in uniform, and not just while we're in service to our country, but in our personal and professional lives in all respects," he said, referring to all services,

civilians and family members.

"When they believe this Warrior Ethos, and because they are so central to the strength of this nation and the strength of our armed forces, it makes us so powerful that we are undefeatable and this is why it's important," Schoomaker said.

"The Warrior Ethos represents everything, not just for a Soldier, but also as a civilian and an American," said Staff Sgt. Tenisha Colbert, the property book non-commissioned officer in charge at the Office of the Chief of Staff, referring to the exhibit. Colbert said she also liked that all the services were mentioned during Schoomaker's speech. "The display truly captures the spirit of what the Warrior Ethos is all about."

Sgt. Maj. of the Army Kenneth Preston told the crowd that the Warrior Ethos has been "the common thread that ties us as Soldiers together for the last 229 years. From Valley Forge ... to the streets of Baghdad, it's the fiber which Soldiers live by," he said. "All of our Soldiers serving

today throughout the world embody the warrior spirit."

Before unveiling the display, Schoomaker read the last paragraph of the father's letter. "Although my heart is heavy and burdened by this great personal loss of my son, I had a great pride deep in my soul for the sacrifice he made; I had a great respect for my son, and I am the proudest father in the world today."

The letter especially moved Rice, who is the only military person in his family.

"For a parent to write that and have an understanding of the sacrifice his son made and to actually show great respect to him and the service was a great addition to the service," said Rice. "I believe the people who did this [exhibit] did a really good job capturing the Warrior Ethos spirit using officers, enlisted, past and present people in the military."

The images and quotes were selected from more than 30,000 "To Our Soldiers," virtual notes submitted by Americans online at www.Army.mil.



Healy stands guard during a stop in the middle of a patrol on the outskirts of a local village near LSA Anaconda.



Photos by Pfc. Abel Trevino

Cpl. Mike King, 1st Platoon, Company B, 2nd Battalion, 108th Infantry, the sister unit to Headquarters and Headquarters Company, 1st Battalion, 77th Armor, 1st Infantry Division secures a perimeter while Pfc. Brian Healy and Staff Sgt. Jamie Goheens, check locations for weapons caches. The Soldiers use grid coordinates, metal detectors and shovels to locate and uncover weapons caches.

Buried Treasure

By Pfc. Abel Trevino
Staff writer

Just outside of LSA Anaconda, the end of the road is not the end of the mission for the scouts in Headquarters and Headquarters Company, 1st Battalion, 77th Armor, 1st Infantry Division; they dismount and go farther. “[Insurgents] have a lot of [weapons] out there and the only way to find it is to get on the ground, walk around and get aggressive in their fields,” said Sgt. Matthew Merrill. “We went on the offensive instead of the defensive.”

The unit’s efforts have uncovered 11 different weapons caches in their sector.

“My guys spend a lot of time dismounted, searching orchards,” said Sgt. 1st Class Eric

Sanders, HHC platoon sergeant. “This one platoon has found more [weapons] caches than the entire task force combined.”

The Soldiers use a combination of sharp eyes, keen senses and diligent searching techniques to uncover the caches, but there is one method they’ve never been able to use. “We’ve had no informants,” Merrill said.

Despite having no informants, their own abilities have made the unit successful.

The unit has its own bloodhound of sorts, a Soldier who has the ability to recognize possible cache locations.

“It’s uncanny about (Pfc. Brent Hamilton), he just knows where to go,” said Sgt. Matthew Commins. “A lot of places he goes, through thick brush and stuff, no one else would think to. He just finds [weapons caches].”

Hamilton is modest about his talent.

“I don’t know how I do it,” he said. “I just go out there and beat the brush.”

By beating the brush, the platoon maneuvers around terrain, frequently finding themselves in hard to reach locations.

“Rarely do they bury the [weapons] out in the open,” Sanders said. “They’re always buried in orchards or brush.”

Merrill said that they really started uncovering hidden caches of weapons when they started moving away from houses and started investigating the fields and countryside.

Going out and digging in the field also presents problems when they are uncovering the insurgents’ weapons.

“There are people in the area that have signals to the other insurgents when they see we are getting near [the weapons],” Commins said.

Sometimes, the situation escalates in an attempt by insurgents to confuse and sabotage the missions.

“Once we get closer to a cache, they’ll start shooting rounds to distract us,” Sanders said.

Determined militants do not stop at distracting the Soldiers either.

“After we find a cache, they’ll also set up (improvised explosive devices) on the exit routes, trying to kill us that way,” Merrill said.

For the scouts, there is nothing but awareness for the daily danger they face.

“We take our job seriously,” Sanders said. “It’s our lives on

the line everyday when we go out that gate.”

The unit is a team and everyone brings something of value to their mission, a move that has paid off in the success in their mission.

“A lot of lower ranking Soldiers have a lot of leeway. Their opinion matters, pays off and their thoughts get listened to,” Commins said. “Some of our caches have been found because they said ‘I want to go look at this area.’”

Listening to the thoughts of the junior enlisted is one of the ways that the platoon leader, 1st Lt. Daniel Cellucci, has improved the platoon.

“Since (Cellucci) has taken over, [unit] morale has gone up and we’ve found a lot of caches,” Sanders said. “He’s been a positive influence on the platoon.”

As the number of successful missions continues to grow, so has the willingness of the Soldiers to risk their lives to complete them.

“As a platoon, finding caches keeps our morale high and keeps us going,” Merrill said. “We get a lot more motivated when we find caches. Guys will volunteer to go out [and search].”

For all of their successes, the platoon has faced its share of tragedy as well. Two Soldiers have been wounded in the mission; one from a landmine and the other from an ambush. Despite their injuries, Sanders said both Soldiers are doing well.

“Our platoon has been through a lot since we’ve been here,” he said. “It’s a good day when we come out of a firefight unharmed.”

The trials and tribulations of the platoon have a direct affect on the safety of the post.

“We’ve probably stopped over 400 rounds from hitting LSA Anaconda,” Merrill said. “In the last two caches alone, we’ve found over 500 rounds. In one, there was over 300 rounds.”

The platoon was told to be on higher alert and expect attacks to increase during the month of Ramadan but through their efforts, they found caches that helped prevent that, Sanders said.

For the scouts, it’s easier to protect the post by preventing weapons from staying in the insurgents’ hands than catching them in the act setting off or detonating them.

“It’s hard to catch them shooting rounds because they use timers [to launch the rounds],” Merrill said. “Sometimes you’ll be out there searching an area and a rocket will go off a few hundred meters away. There’s nothing you can do about it because nobody is there.”

This does not deter the scouts but only increases their efforts and reasons for being outside the wire. Dismounted from their vehicles, they go the extra mile, beyond the end of the road, to defend the post.



Sgt. 1st Class Arnold Stone calls in the identity of a suspect at a routine traffic control point. The platoon uses traffic control points as means to search vehicles and ascertain that no one is bringing weapons into areas attacks are launched from.



In a routine search of a suspicious vehicle, King looks through a truck full of oranges, searching for any weapons that might be hidden underneath.

Movie Schedule

Sustainer Reel Time Theater

Daily Shows: 3 p.m., 6 p.m., and 9 p.m.
(schedule is subject to change)

Nov. 21
3 p.m. Vanity Fair
6 p.m. The Incredibles
9 p.m. Without a Paddle

Nov. 22
3 p.m. Ray
6 p.m. Anacondas
9 p.m. Alien vs Predator

Nov. 23
3 p.m. The Incredibles
6 p.m. Vanity Fair
9 p.m. Exorcist

Nov. 24
3 p.m. After the Sunset
6 p.m. The Polar Express
9 p.m. After the Sunset

Nov. 25
3 p.m. The Polar Express
6 p.m. After the Sunset
9 p.m. Secret Window

Nov. 26
3 p.m. Cellular
6 p.m. Ladder 49
9 p.m. Cellular

Nov. 27
3 p.m. Napoleon Dynamite
6 p.m. After the Sunset
9 p.m. Resident Evil



The Incredibles



Ladder 49

Weekly Religious Schedule

Roman Catholic Mass

Saturday 7 p.m. Eden Chapel (bldg. 4148)
Sunday 8:30 a.m. 185th Task Force Tent
Sunday 10:30 a.m. Tuskegee Chapel
Sunday 11 a.m. Anaconda Provider Chapel
Monday 9 a.m. PPI Dining Facility
Monday 9 p.m. PPI Dining Facility
Friday 6:30 p.m. Air Force Hospital Chapel
Sacrament of Reconciliation
Friday 6 p.m. Air Force Hospital Chapel

Church of Christ

Sunday 11 a.m. 1/142nd Chapel Tent

Christian Orthodox

Saturday 7 p.m. 185th Task Force Tent
Sunday 11 a.m. 185th Task Force Tent

Protestant-Gospel

Sunday 11 a.m. Sustainer Indoor Theater
Sunday 7 p.m. Eden Chapel (bldg. 4148)

Lutheran

Sunday 8:30 a.m. Cherokee Chapel (bldg. 4002)
Sunday 2 p.m. 185th Task Force Tent

Protestant-Contemporary

Sunday 7 a.m. Sustainer Indoor Theater
Sunday 9 a.m. Tuskegee Chapel

Protestant-Traditional

Sunday 9 a.m. Eden Chapel (bldg. 4148)
Sunday 9:30 a.m. Anaconda Provider Chapel
Sunday 10:30 a.m. Air Force Hospital Chapel
Sunday 11 a.m. Eden Chapel (bldg. 4148)
Sunday 11 a.m. 185th Aviation Group Chapel

Protestant-Praise and Worship

Sunday 9:30 a.m. Sustainer Indoor Theater
Sunday 9:30 a.m. 185th Task Force Tent
Sunday 5:30 p.m. Tuskegee Chapel

Islamic Prayer

Friday 1:30 p.m. Anaconda Provider Chapel

Latter Day Saints

Sunday 1 p.m. Anaconda Provider Chapel
Sunday 7 p.m. Tuskegee Chapel

Jewish Prayer

Friday 6:30 p.m. Eden Chapel (bldg. 4148)

Movie Synopsis for Nov. 21 – 27

The Incredibles

PG, Fantasy, 1 hr 55 min
Craig T. Nelson, Holly Hunter, Samuel L. Jackson

"The Incredibles" follows the adventures of a family of former superheroes rediscovering the true source of their powers — in one another. Once one of the world's top masked crimefighters, Bob Parr (AKA Mr. Incredible) fought evil and saved lives on a daily basis. But fifteen years later, he and his wife Helen (a famous former superhero in her own right) have been forced to take on civilian identities and retreat to the suburbs. Today they live as mere mortals and lead all-too-ordinary lives with their children — who go out of their way to appear "normal." As a clock-punching insurance man, the only thing Bob fights these days is boredom and a bulging waistline. Itching for action, the sidelined superhero gets his chance when a mysterious communication summons him to a remote island for a top secret assignment. Now, with the fate of the world hanging in the balance, the family must come together and once again find the fantastic in their family life.

Vanity Fair

PG-13, Drama, 2 hrs 20 min
Reese Witherspoon, James Purefoy, Romola Garai

Director Mira Nair followed up her international smash hit Monsoon Wedding with this, the seventh big-screen adaptation of William Makepeace Thackeray's novel Vanity Fair. Set in early 19th-century England amidst the aftermath of the Napoleonic Wars, the film follows young Beck Sharp (Reese Witherspoon) as she climbs from the British working-class up through the social ranks and into the aristocracy where she sets her sights on both an aging knight and his son.

Ray

PG-13, Drama, 2 hrs 32 min
Jamie Foxx, Kerry Washington, Regina King

Directed by Taylor Hackford, this biopic profiles the life of legendary musician Ray Charles. Despite humble beginnings and the loss of his eyesight due to glaucoma at the age of six, Charles, depicted by Jamie Foxx, would nonetheless become an icon in both the music industry and the civil rights era. While the film delves into his problems with drugs and women, the bulk of the story details his career; among the highlights of that career are 12 Grammy awards and 11 R&B chart-toppers, such as "Unchain My Heart," "Hit the Road, Jack," "Georgia," "Doin' the Mess Around," and "Hallelujah I Just Love Her So." Charles' son, Ray Charles Jr. helped produce the film.

The Polar Express

G, Family, 1 hr 40 min
Tom Hanks, Debbie Lee Carrington, Eddie Deezen

A young boy lies awake in his room one snowy Christmas Eve, excited and alert. He's listening for a sound he's afraid that he might never hear-- the ringing bells of Santa's sleigh. The time is five minutes to midnight. Suddenly, a thunderous roar startles the boy. Clearing the mist from his window he sees the most amazing sight—a gleaming black train rumbles to a stop right in front of his house. The boy rushes outside and is met by the train's conductor who seems to be waiting just for him. "Well, are you coming?" the conductor inquires. "Where?" the boy asks. "Why, to the North Pole—of course. This is the Polar Express!" What unfolds is an adventure, following a doubting young boy, who takes an extraordinary train ride to the North Pole.

Celebrating Native American Indian Heritage Month

Building a future with traditional heritage



By Spc. Leah R. Burton
Staff writer

It's very easy to lose touch with one's heritage in the cultural stew that is the U.S. This has especially affected the Native Americans, who first called home the land we know as America.

Sgt. Delvin Slick, a carpentry and masonry specialist in the 84th Combat Engineer Battalion from Schofield Barracks, Hawaii, hails from a Navajo reservation in Arizona and clings tightly to his Native American roots.

Born in Tuba City, Ariz., and raised on the Navajo reservation in Shonto, Ariz., Slick spent much of his time learning about Navajo history and tradition from his grandparents.

"My mother used to take me to my grandmother's. She has no electricity and no running water. I had to help her tend to the livestock," Slick said.

His grandparents still live the traditional Navajo way, which is simplistic and focuses on respecting and honoring Mother Earth and all that she provides.

Slick's grandparents taught him about the "Long Walk," in which about 8,000 Navajo men, women and children were rounded up and made to walk more than 300 miles from northeastern Arizona and northwestern New Mexico to a desolate tract of land on the Pecos River, called Bosque Redondo.

This has given him a greater understanding and appreciation of his heritage, he said.

"My grandfather taught me what our people went

through, what our culture's all about," Slick said. "I'm very grateful for that. I didn't appreciate it then."

Slick attended school on the reservation until high school, when he went to Flagstaff High School in Flagstaff, Ariz. Immediately after high school, Slick joined the Army.

"I saw an opportunity to get an education and to get away from home," Slick said.

Although his family member had mixed feelings about his decision to join the Army, his grandparents told him to do what he felt he had to do and let them know what the world is like.

He attended Basic Combat Training at Fort Leonard Wood, Mo., and Advanced Individual Training at the Naval Construction Battalion Center at Gulfport, Miss., in 1996.

Because of the values instilled in him by his parents and grandparents, Slick fits right into the military way of life. Some of the most valuable lessons he learned from his family are to be responsible and to respect other people.

"When I was growing up, everyone had a responsibility, even the little kids," Slick said.

Due to the influence of American culture, a lot of Navajo values and traditions are being lost. Slick said his grandmother talked of a time when things would change, when the Navajo ways would all but disappear.

He manages to hang onto his heritage, however.

"All I have to do is go back home and talk to my grandparents. They remind me who I am and where I came from," Slick said.

Though not a father yet, Slick plans to sit down with his children and tell them their history just as his grandparents did for him.

LSA Anaconda

THANKSGIVING DAY

Ceremonies and Services



9:00 a.m. Christian Orthodox
- 185th Task Force Tent Chapel

9:00 a.m. Air Force Community Thanksgiving
- Tuskegee Air Force Chapel

10:00 a.m. Installation Thanksgiving Day
Ceremony
- Provider Chapel



Sgt. Delvin Slick, 84th Combat Engineer Battalion, constructs the wooden frame of a building to be used as a personnel processing center at LSA Anaconda Nov. 8.

Photos by Spc. Leah R. Burton



Photos by Spc. Christopher Murphy

A 579th Engineer Battalion Soldier hands out candy to children who greet the patrolling service members during their daily operations.

Into hearts of others with sweet treats

By Spc. Christopher Murphy
579th Engineer Battalion

While conducting mounted patrols of the area surrounding LSA Anaconda, the Soldiers of Company A, 579th Engineer Battalion are bound to run into groups of Iraqi children during their daily missions.

"Mister, mister, give me candy!" are words frequently heard by the Soldiers.

Many of the Soldiers have things sent from home to hand out to the local children.

"We always have a bag of candy or two in our vehicles to give out to kids," said Spc. William Bowdoin. "Even if we're driving by, we'll throw out some candy."

"Sometimes it feels like you're in a parade," said Spc. Michael Sheppard.

The Soldiers' families got together to donate many items for the children of Iraq in this area. They've gathered over three hundred small boxes of trinkets to send. Care packages arrive almost daily.

Pens, crayons, paper, books, soccer balls, toys, clothes, shoes — and of course, candy — are some of the items included in the care packages.

"When I went home on leave recently, I stopped by the armory and boxes were stacked all the way to the ceiling," said Spc. Christopher Ulen.

Every day before going out on a mission, the Soldiers re-supply their trucks with food and water. They also load up on candy and small trinkets to give the Iraqi children.

"We're always passing out stuff," said Spc. Anthony Cabrera. "As soon as they see our trucks, they come running."

"We have so much stuff, I'd like to take a boxful and throw it out," said Spc. Conan Nunley. "It's fun to watch them dig through it."

The local children have grown accustomed to getting gifts from the Soldiers; sometimes the kids go a little too far.

"We've actually driven through towns and kids have tried climbing on the trucks as we're driving through," said Spc. William Gable.



Children flock to the 579th EN Bn. vehicles for treats as if the Soldiers' patrol were a passing parade filled with toys and entertainment for the children.

The Soldiers extend their kindness to the children and families of Iraq to assist in the larger picture.

"The reason we hand this out is to let people know we're here to help them," said Staff Sgt. Eugene Schoen, supply sergeant.

Many of the villagers and children recognize Soldiers and have learned their names. Their presence mitigates the dangers confronted day to day.

Sounds of Home

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AFN Iraq



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OR AN EVENT OF INTEREST
TO THE ENTIRE 81ST
BRIGADE COMBAT TEAM
COMMUNITY CONTACT THE
81ST BCT PUBLIC AFFAIRS
OFFICE AT DNV 529-8002



Officer coordinates movement of unit assets

By Sgt. Ann Venturato
Assistant editor

Chief Warrant Officer Terry E. Westbrook, the 1st Infantry Division liaison officer here, is a full time National Guardsmen from Raleigh, N.C.

Although Westbrook calls Raleigh home, he was born in Tunica, Miss. He didn't start out to become a career Soldier. He was between school sessions, and he showed up at a National Guard armory and enlisted right on the spot.

"I was just in college, and I was looking for something to do so I joined the National Guard," Westbrook said.

Westbrook has been in the military for about 23 years now. He started out as an enlisted Soldier before going to Officer Candidate School and becoming an officer in 1984.

He was an officer for 14 years before resigning his commission to become a warrant officer. After returning to the enlisted ranks for about nine months, Westbrook became a warrant officer in 1999.

This is Westbrook's second deployment to this region. He was deployed to Jordan for four months last year with his home unit, the 30th Corps Support Group. He deployed with the 30th Infantry Brigade in March this year.

Westbrook is serving here as the 1st Inf. Div. LNO to the 13th Corps Support Command. Westbrook keeps the lines of communication open for the unit and coordinates supply and personnel for the unit.

"I try to keep 1st ID appraised of what 13th COSCOM is doing that affects what their doing, especially the convoys and moving around of 1st ID area," Westbrook said.

"I get a lot of requirements that are last minute type things. So I do a lot of reacting on the fly type stuff as well."

Westbrook said it is small requirements that he deals with and not huge requirements.

The best thing about his job here is his work environ-

ment in comparison to others here.

"To me this is a pretty low stress job compared to a lot of guys. It is also pretty flexible. I am available to go and do things and take care of things for other people and find out information for them," Westbrook said.

Part of that mission is making sure the coordination is done for moving people and supplies for the 1st Inf. Div.

"We are kind of at a place where we can step into the chain, and we can affect something that isn't moving just the right way," Westbrook said.

Westbrook has helped make an impact with his mission here.

"I think we have helped 1st ID get a lot of their stuff more efficiently and faster than they might have gotten it before," Westbrook said.

It is just all in a day's work for Westbrook, who is just glad to be doing his part by serving in the military.

"This is what I do," he said. "My satisfactions are mostly on a personal level. I don't go glory or stuff like that. It's not a big issue for me."

Westbrook takes great satisfaction in being able to use his mind to find a solution to a problem.

One of his most memorable experiences is seeing the USO show.

"It made me feel good that other people out there were interested in doing things for the Soldiers," Westbrook said.

Westbrook said this deployment really puts in perspective what is not important. Westbrook said that it made him realize that although the mission is important here; it is also important to not let the job take over your life.

"You have to think about what is going on out here. We are in a war zone. A bomb could fall anywhere. You have to really figure out what is really important. If you don't get it done right now, it can wait until tomorrow to do things," Westbrook said.

The hardest part of this deployment is being away from his family.

"Being gone for twelve months is not fun," Westbrook said.

Throughout his deployment here, Westbrook's family has supported him and is ready for him to return home.

If this deployment has taught Westbrook anything, it is the importance of his family in his life.

"I know how important my family is to me after all of this," Westbrook said, who is just as ready to return home.

Westbrook has been married to his wife for 17 years, and they have a 16-year-old daughter.

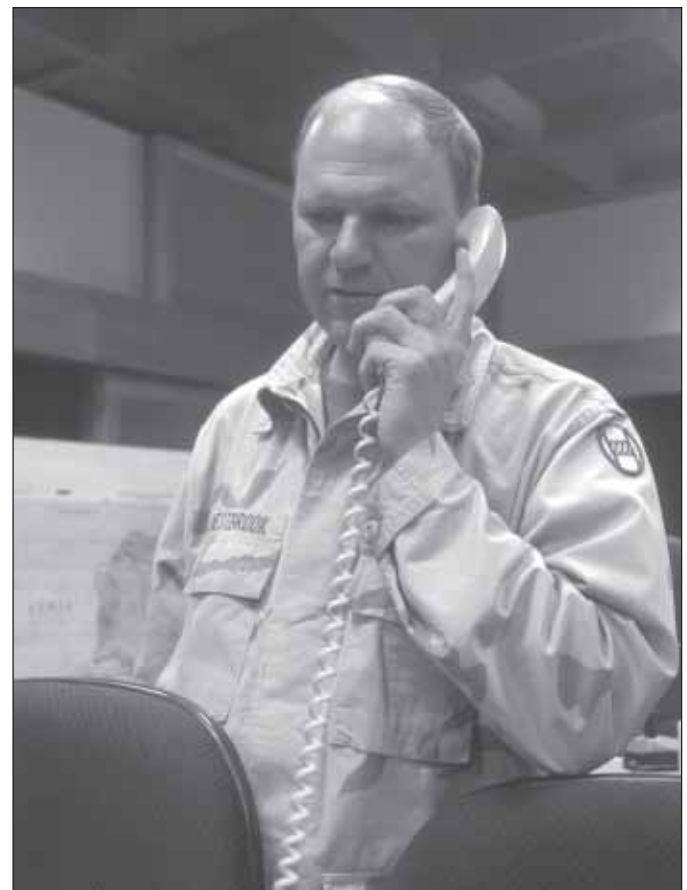


Photo by Sgt. Ann Venturato
Chief Warrant Officer Terry Westbrook, 1st Infantry Division liaison officer, makes logistical coordinations by phone and through e-mail.

Question of the Week

What are you thankful for this year?



Chaplain (Maj.) Harry Huey
3rd Brigade, 1st Infantry Division

"I'm thankful that we have not had more loss of life than we've had at our unit down in Fallujah."



Lecure C. Donald Sr.
L3 Vertex Aerospace

"I'm thankful for my health and that we're having success getting rid of the insurgents."



Spc. Christopher Stovic
201st Forward Support Battalion

"I'm thankful I'm going to be home for Thanksgiving."



Sgt. Amanda Isabell
226th Medical Logistics Battalion

"I am thankful that the insurgents have bad aim."



Spc. Tyler Aaker
201st Forward Support Battalion

"I'm glad this deployment is nothing like Vietnam."

MWR Complex Schedule

Dominos

Come to the MWR tent for an exciting domino tournament today and Friday, 8 a.m., 2 p.m. and 8 p.m.

Pool

8-ball tournaments will be held at 8 a.m., 2 p.m. and 8 p.m. Tuesday. 9-ball tournaments will be held 8 a.m., 2 p.m. and 8 p.m. Thursday.

Spades

Spades tournaments are scheduled for 2 p.m. and 8 p.m. today.

Table Tennis

Table Tennis tournaments will be held 8 a.m., 2 p.m. and 8 p.m. Wednesday.

Chess Tournament

A Chess tournament will be held 3 p.m. and 8 p.m. Tuesday.

Music

The MWR Sports Lounge features different types of music each night Monday through Saturday 8 p.m. to midnight.

Mondays -- Jazz and old school

Tuesdays -- Rock

Wednesdays -- Country

Thursdays -- Tejano and Hispanic

Fridays -- R&B

Saturdays -- Salsa and Latino

LSA Anaconda Fitness Center

Judo

The LSA Anaconda Fitness Center offers Judo classes at 8:30 p.m. today, Monday, Wednesday and Saturday.

Aerobics

There will be an aerobics class Monday through Saturday at 6 p.m. every Tuesday, Thursday and Saturday.

Karate

Karate classes will be held Monday through Friday, 7 a.m. to 8 a.m.

Basketball

The LSA Anaconda Fitness Center will host basketball league play tonight, Tuesday, Thursday and Saturday, 6 to 9 p.m.

Capoeira

Would you like to dance, do martial arts and work out at the same time?

If so, come to Capoeira at the LSA Anaconda Fitness Center Wednesday 7:15 p.m. or Sunday and Thursday, 6 p.m.

8-Ball Tournament

Just Show up and prove you're the best at LSA Anaconda.

When: Tuesday, 8 a.m., 2 p.m. and 8 p.m.

Where: MWR



EOD OPEN HOUSE

Come check out explosive ordnance equipment, talk to EOD techs. and find out what it takes to be EOD. They're looking for specialists and sergeants, who might want to change to a challenging new job.

When: Nov. 27 at 11 a.m.



Where: The Explosive Ordnance Center (fire house) building 4253 Eagle Road

The PX will be closing at midnight Nov. 24.

The store will be closed all day Nov. 25 due to our fiscal annual inventory.

The PX will reopen Nov. 26 at 6 a.m.

RED TAIL 56 COUNCIL

When: Every Wednesday
Where: Balad Town Hall
Time: 6:30 p.m.

Contact Tech Sgt. Dennis McJunkin
at dennis.mcjunkin@blab.aorcentaf.af.mil or 1059
for more information

"TIP OF THE SPEAR" IN LEADERSHIP, MENTORSHIP
AND COMMUNITY INVOLVEMENT



Spc. Joseph Bowman demonstrates his agility with a leap.



Figueroa gets pinned by Sgt. John Burgess in a classic move of the martial art.

Martial arts fuse dance, fighting, style

By Pfc. Abel Trevino
Staff writer

On Sundays and Wednesdays at the LSA Anaconda Fitness Center, a capoeira class is offered to those who want to learn the art that fuses dancing with fighting.

"It's an African and Brazilian martial art that [spans] from Angola to Brazil," Sgt. John Burgess, 512th Maintenance Company and instructor of the class, said. "It started with slavery and the [participants] disguised the fighting art as dancing."

The techniques were so convincing that even the slaves' masters would watch the participants, unaware that they were actually training to fight, thinking they were just watching them dance.

Burgess became involved in capoeira seven years ago, after watching the movie "Only the Strong," a movie about an Army ranger teaching children capoeira. He researched it and took an interest in it.

While the moves and motions are fluid, there is no doubt that what is actually being taught is a martial art.

"These are basically self-defense techniques," Burgess said. "There's a lot of close-quarters moves, a

lot of knees and elbows."

The technique also teaches proper footing, good reflexes and fluid motion, for an overall workout.

"It's exhausting," Burgess said. "There's lots of cardiovascular, it's an all body workout. It also teaches balance control, natural timing and good muscular stretching."

With all martial arts, there are things to be aware of before participating.

"The dangers [of capoeira] have a lot to do with stress fractures, ankles and knees," Burgess said. "You have to be in good condition, it's pretty acrobatic."

The students are in varying degrees of training. Burgess works one-on-one with participants to teach them the moves and perfect the styles.

"I've been wanting to do it since high school," said Spc. Ruben Garcia, Headquarters and Headquarters Company, 2nd Brigade, 1st Infantry Division and also a capoeira student. "I walked [into the gym] one day and saw guys doing flips and stuff, so I thought it was pretty cool. I asked some questions and [here I am]."

Burgess has resorted to strange measures to teach his students, but they demonstrate his involvement and commitment to the sport.

He told one student, Spc. Miguel Figueroa, 118th Medical Battalion, to hold one leg up in the shower to learn how to perform a kick technique that relied on balance and tight positioning for the close-quarters martial art.

It worked. Figueroa is currently one of the more advanced students in the class and filled in as the instructor while Burgess was on leave.

Capoeira classes are taught on Sundays at 6 p.m. and Wednesdays at 7:15 p.m. at the LSA Anaconda Fitness Center, located beside the Sustainer Theater.



Photos by Pfc. Abel Trevino

Spc. Ruben Garcia and Spc. Miguel Figueroa practice capoeira, a form of martial arts that fuses dancing with fighting, an art that traces its origins back to Africa and Brazil.



Figueroa makes a signature move in the martial art form.



Chief Warrant Officer Don Berres, Task Force 185th, fastens his seatbelt prior to departing.



Chief Warrant Officer Richard Erickson, Task Force 185th, writes the call signs on the windshield of the UH-60 Black Hawk, prior to departing on the mission.



Photos by Spc. Leah R. Burton

The members of the all Vietnam veteran helicopter pilot crew wave goodbye to the Soldiers on the ground as they head out on their mission Nov. 11.

Veterans team up for Veteran's Day

By Spc. Leah R. Burton
Staff writer

In honor of Veteran's Day, a crew of nine Vietnam veterans took to the skies for a routine mission as a show of camaraderie, skill and for old time's sake.

The Vietnam War was the first time the Army used helicopters in combat; prior to Vietnam, helicopters were only used for medical transport and evacuation.

The pilots were the pioneers of modern Army aviation doctrine, learning and inventing tactics based on first-hand experience of what works and what does not.

"We thought, in honor of Veteran's Day, that we would get as many Vietnam veterans together as we could to fly a mission together," said Chief Warrant Officer John Wyatt, who was a platoon leader in an air cavalry troop in Vietnam.

"In Vietnam, generally, you got shot at every day. Every week or two, you got a bullet hole in the aircraft. You lost comrades monthly, if not weekly. It's a little bit different than that here," Wyatt said.

The average age of a Vietnam-era helicopter pilot was early 20s. They generally went from high school to flight school to Vietnam. In contrast, the average age of Task Force 185th helicopter pilots is 34.

The younger pilots in TF 185th look to the Vietnam veterans for advice when they find themselves in unfamiliar situations.

"They've given us great advice. They (Vietnam veterans) are the most experienced aviators in the Army today. We're leaning on their experience, and it's paid off here in Iraq," said Col. Bradly MacNealy, TF 185th commander.

All but one of the crewmembers were helicopter pilots or crew chiefs in Vietnam. The lone young Soldier, Sgt. Jose Perez, is the grandson of a Vietnam veteran. His grandfather gave him a coin from his

service in Vietnam, which Perez carried with him as a token of good luck on the mission.

Although Vietnam left a bitter taste in his mouth, the music of helicopter propellers called Wyatt back.

"When I got out of the Army, I was really upset about Vietnam, but I couldn't stay away from flying. I lived in the state of Ohio at the time and helicopters were always flying over my house, so I went down and looked for [the aviation unit]," Wyatt said.

He told his wife he was going to see about the

helicopters. That same day he called her and said he'd be home the next evening. When she asked why, he said, "Because I just joined the National Guard, and it's drill weekend. That was in '74."

Chief Warrant Officer Michael Chapman thought his flying career was over when he returned home from Vietnam. His sense of dedication and service to his country called him back.

Chapman's patriotism has rubbed off on his family members. His wife served in Vietnam as a courier, and his son is in Special Forces and served in the Gulf War.

"I have granddaughters," Wyatt said. "If I can do something now, so that they don't have to worry about an airplane flying into a building when they grow up, that's worth it for me."

Their dedication and commitment to service is beneficial not only to their unit, but the Army at large, because they bring experience and wisdom to every mission.

"Task Force 185th Aviation would like to dedicate our success here in Iraq to the Vietnam helicopter pilots," MacNealy said. "Thanks to our predecessors, we have the most modern high-tech aircraft. We have tried and true tactics, techniques and procedures, and we have the proven skills to accomplish our mission."

The crew, Chief Warrant Officers John Wyatt Jr., John Lanning, Mike Chapman, Richard Erickson, Don Berres, Ben Roche, 1st Sgt. Jim Wellmon, Staff Sgt. Bona Dyal, Command Sgt. Maj. Wayne Eden and Sgt. Jose Perez, has a total of more than 56,000 flight hours and more than 300 years of service to their country.



Chief Warrant Officer John Wyatt holds onto a teddy bear his neice gave him as a token of good luck.